Counseling Program

Military OneSource.com
1-800-342-9647

Office of the Deputy Under Secretary of Defense (Military Community and Family Policy)

COUNSELING - NEED TO TALK?

- **Private and confidential**
- **Referral to Local Counseling Professionals**
  - Licensed
  - Knowledgeable of military life
  - Pre-paid
- **No cost to Active Duty and members of Guard and Reserve**
- **No cost to family members**
- **Help for coping with normal reactions to difficult situations**

What can a counselor help me with?

Everyday Situations

- Stress
- Anger management
- Marital
- Teens
- Parent/child communications
- School issues
- Relationship issues

Military Life

- Deployment Issues
- Reunion – Coming Home
- Moving
- Single Parenting
- Loneliness/ separation
- Homesickness
- Loss and grief

Financial

- Credit
- Loans
- Debt Reduction
- Buying a home
- Buying a car
- Investing
- Saving
- Thrift Savings Plan

Mental disorders are referred to the MTF or TRICARE

How can I see a counselor?

- **Call Military OneSource**
  - 1-800-342-9647
  - Obtain referral for counselor near to ho
  - Face to face sessions
  - Up to 12 sessions per issue
  - Telephonic counseling
  - Web-based counseling

- **Individuals, couples, and families**
  - Private and confidential
    - Non-medical
    - Short term
    - Situational
    - Problem solving

Issue: Counseling

Army Home Page - Military OneSource - Microsoft Internet Explorer provided by Ceridian Corporation
http://www.militaryonesource.com/MOS/Army.aspx?MRole=Member&Branch=Army&Component=Active
Not your branch? Select a different branch.
Log In | Registration | Contact Us | Help | En Español | View Basket
Military OneSource.com
1-800-342-9647
A 24/7 Resource for Military Members, Spouses & Families
1.800.342.9647
Home
About
Find Information
Tools
Online Community
Welcome ▸ Army
Search Military OneSource
Search
Private Help 24/7
Call and Talk Anytime
1.800.342.9647
or call OCONUS:
E-mail
AND GET ANSWERS
Schedule a Counseling Appointment
FOR HELP AT YOUR CONVENIENCE
Customize your MilitaryOneSource.com
REGISTER HERE
Welcome to the new Military OneSource! Take a tour .
TroopTube
MILITARY INSTALLATIONS
PLAN my MOVE
ARMY OneSource
BLOG BRIGADE
WHAT CAN MILITARY ONESOURCE DO FOR YOU?
Military OneSource is a valuable tool for military members and their families. To see some of the valuable features that Military OneSource has to offer, view this page for an overview.
Building the Resilience of Your Military Family
Links
Army
Are You New to the Army?
Army
Army Career and Alumni Program
Start
Updated Counseling ...
RE: Updated Counse...
Army Home Page ...
Microsoft Office Pow...
12:20 PM

Counseling Landing page link

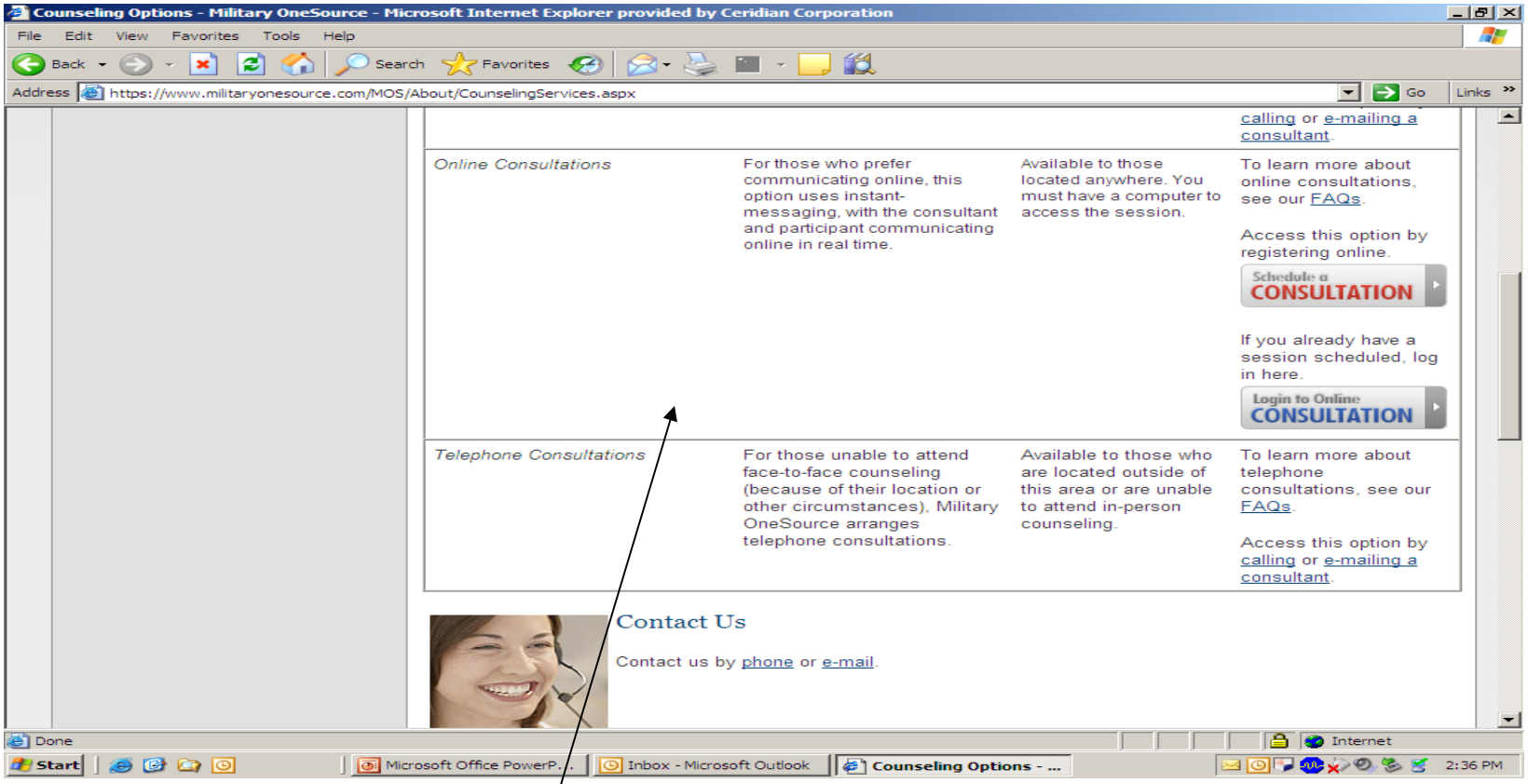
Counseling FAQs

Counseling Options - Military OneSource - Microsoft Internet Explorer provided by Ceridian Corporation
File Edit View Favorites Tools Help
Back Search Favorites
Address http://www.militaryonesource.com/MOS/About/CounselingServices.aspx
Go Links
Not your branch? Select a different branch.
Log In | Registration | Contact Us | Help | En Español | View Basket
Military OneSource.com
1-800-342-9647
A 24/7 Resource for Military Members, Spouses & Families
1.800.342.9647
Home About Find Information Tools Online Community
Welcome Home About Counseling Services
Powered By Google
Search Military OneSource
Search
Private Help 24/7
Call and Talk Anytime
1.800.342.9647
or call OCONUS:
E-mail AND GET ANSWERS
Schedule a Counseling Appointment FOR HELP AT YOUR CONVENIENCE
Counseling Options
Military OneSource offers three kinds of short-term, non-medical counseling options to active-duty, Guard, and Reserve members and their families (eligibility chart).
Type
Description
Availability
Find out More
Face-to-Face Counseling
Military OneSource arranges for you to meet face-to-face with a professional counselor in your community.
Available to those in the continental U.S., Alaska, Hawaii, Puerto Rico, and the Virgin Islands.
To learn more about face-to-face counseling see our FAQs.
Access this option by calling or e-mailing a consultant.
Online Consultations
For those who prefer communicating online, this
Available to those located anywhere. You
To learn more about online consultations
Done
Internet
Start
Updated Counseling ...
RE: Updated Counse...
Counseling Option...
Microsoft Office Pow...
12:21 PM

Scroll through list of options

Military OneSource.com
1-800-342-9647

Counseling FAQs (continued)


Counseling Options - Military OneSource - Microsoft Internet Explorer provided by Ceridian Corporation
File Edit View Favorites Tools Help
Back Search Favorites
Address https://www.militaryonesource.com/MOS/About/CounselingServices.aspx
Go Links
calling or e-mailing a consultant.
Online Consultations
For those who prefer communicating online, this option uses instant-messaging, with the consultant and participant communicating online in real time.
Available to those located anywhere. You must have a computer to access the session.
To learn more about online consultations, see our FAQs.
Access this option by registering online.
Schedule a CONSULTATION
If you already have a session scheduled, log in here.
Login to Online CONSULTATION
Telephone Consultations
For those unable to attend face-to-face counseling (because of their location or other circumstances), Military OneSource arranges telephone consultations.
Available to those who are located outside of this area or are unable to attend in-person counseling.
To learn more about telephone consultations, see our FAQs.
Access this option by calling or e-mailing a consultant.
Contact Us
Contact us by phone or e-mail.
Done
Internet
Start
Microsoft Office PowerP...
Inbox - Microsoft Outlook
Counseling Options - ...
2:36 PM

Scroll through options

Military OneSource.com
1-800-342-9647

How to Get Counseling for Your Troops and Families?

- **Military and Family Life Consultant (MFLC)**
- Licensed Master's and PhD level mental health professionals
  - Flexible service delivery on and off the installation
    - Rotational (attend Family Readiness Groups) Request from your respective Service HQ POC
    - On-demand (Reunion ceremonies and pre-deployment meetings) **http://jfsap.mhf.dod.mil/request**
    - Full-time (Located off the installation)
- Additional information about the MFLC program may be found at **www.militaryhomefront.dod.mil/service/counseling**

Requesting Counseling Support through your Service POC

- **Submit request through chain of command to Service headquarters (HQ) point of contact (POC)**
- **Service HQ POCs:**
  - Air Force: Ms. Lorraine Neuser (703-604-0195; lorraine.neuser@pentagon.af.mil)
  - Army: Mr. Rich Stagliano (703-681-0644; rich.stagliano@us.army.mil)
  - Navy: Ms. Rebecca Lombardi (202-433-4593; rebecca.lombardi@navy.mil)
  - USMC: Mr. Cruz Martinez (703-784-9526/7; cruz.martinez1@usmc.mil)

Requesting Counseling Support for Guard and Reserve

- **National Guard and Reserve Components:**
  - Requests submitted through the Joint Family Resource Center (JFRC)
  - **http://jfsap.mhf.dod.mil/request**
  - 1-888-256-9920

Office of the Deputy Under Secretary of Defense
Military Community and Family Policy
Military OneSource Center
Office of Counseling

- Mike Hoskins, Special Assistant, (703-908-6302; mike.hoskins@moscenter.us)
- Jena Moore, Program Analyst, (703-908-6365; jena.moore@moscenter.us)
- Kelly Mohondro, Program Analyst, (703-908-6367; kelly.mohondro@moscenter.us)
- Mike Cho, Program Analyst, (703-908-6325; michael.cho@moscenter.us)
- Richard Segedi, Program Analyst (703-387-8644; richard.segedi@moscenter.us)
- Sharon Virk, Program Analyst, (703-387-8649; sharon.virk@moscenter.us)
- Daniel Mellies, Program Analyst, (703-387-8650; daniel.mellies@moscenter.us)

Special Counseling Initiatives

- DoDEA/CYP Summer Camps
- DoDEA Schools
- Local Education Agency
- United States Special Operations Command, Care Coalition
- National Military Family Association Purple Camps
- Joint Family Support Assistance Program
- Child and Youth Behavioral (CYB)-MFLCs for CYP's
- Telephonic and web-based counseling
- Rotational Personal Financial Counselors (PFCs)
- AFRICOM

Military OneSource Call In Progress...